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Science at its best! 4-H School Enrichment

In Embryology, third-graders hatch baby chicks right in the classroom.



Arlene Hanna
Extension Assistant

Has your child hatched baby chicks at school—or tasted space food? What about composting with worms or making recycled paper? Or is your youngster asking you to turn off the water when you brush your teeth? If so, chances are your student has participated in 4-H School Enrichment.

4-H School Enrichment is science at its best! Through hands-on/minds-on activities, youth develop skills in problem solving and decision making. They apply scientific and technical principles to their daily lives...AND they have fun! Each year, 4-H School Enrichment educates over 12,000 students in approximately 65 schools in Lancaster County.

Smelly stuff—trash—things we don't need anymore! These are ideas that come to the minds of second graders when they hear the word "garbage." **Garbology** introduces students to solid waste management and the three R's: Reduce, Reuse, Recycle. Youngsters develop an increased awareness of garbage—

tion period, then...baby chicks are hatched right in the classroom.

"Embryology teaches responsibility, patience and expectation. Youth develop a healthy sense of awe, respect and tenderness toward living things," comments a Lincoln Public Schools teacher.

Blue Sky Below My Feet relates science and space technology to everyday living for fourth graders. By using features from the space shuttle program as working models, students learn how forces, fibers and food affect their

daily lives on earth and astronauts while in space. Youth learn about gravity, taste space food and communicate with NASA via the internet.

"Space is cool! I had never seen a cotton plant or wool from a sheep," exclaimed Michelle. Troy added, "It's fun to think about other planets and what might be on them. I want to be an astronaut."

"I didn't know that we got our water from a river! I thought it was amazing that we might be drinking water that the dino-



*Fourth-graders create and assemble the shuttle system in **Blue Sky Below My Feet**.*

where it comes from and where it goes, the problems it presents, and possible solutions.

Worms that eat garbage? It's true! About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps a week. Then they'll give you worm castings that can be added to potting or garden soil for richer plantings. Students from all over Lancaster County are learning a new way to compost—**Vermicomposting**.

Soft and furry with very large appetites! Things that go "cheep" in the night. The miracle of life unfolds as third grade youngsters study life cycles in **Embryology**. Students and teachers are responsible for the care of fertile eggs throughout the 21-day incuba-



*Kids make recycled paper in **Garbology**.*

saurs drank too." (Rachael)

"The part when you put the food coloring in the model was amazing. It showed us how fertilizer, oil and other things can pollute water." (Clay)

With an emphasis on water quality and conservation, **Water Riches** provides new and exciting experiences for

fifth-graders and solicits each student's commitment to preserve and conserve this important natural resource.

So—watch for your youngster's participation in 4-H School Enrichment. It's an educational experience for the family and science at its best!



Youngsters explore composting with worms.



Using the flow model, youth discover how groundwater works.

In this issue...

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Horticulture

—page 2



Environmental Focus

—page 3



Farm Views

—page 4



Acreage Insights

—page 5



Food & Fitness

—page 6



Family Living

—page 7



4-H & Youth

—pages 8-9



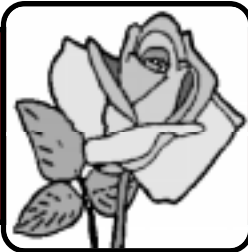
Community Focus

—page 10

Lancaster County 4-H Council
1001 S. 16th Street
Cooperative Extension in Lancaster County
444 Cherry Creek Road
Lincoln, Nebraska 68528-1507

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Horticulture

Fall weed control

The best way to prevent weed problems in the lawn is to maintain a healthy, thick turf. When weeds do appear, herbicides may be required. Perennial broadleaf weeds, such as dandelions, plantain and ground ivy, can be successfully controlled in the fall. Effective herbicides include 2,4-D, MCPP, dicamba and triclopyr. Most products available at garden centers consist of a mixture of these compounds. Generally, best results are obtained when these herbicides are applied from September to mid-October. In the fall, perennial broadleaf weeds are actively translocating carbohydrates to the root system. When the herbicide is applied to the weeds, they translocate it to the roots with the carbohydrates. Then the weeds die from the leaf tips to the roots. With gardening activity winding down in the fall, the risk of injury from herbicide drift to vegetable and flower gardens, fruits and ornamentals is reduced.

Before applying any herbicide, always read and follow the instructions on the manufacturer's label. Broadleaf weed herbicides are usually applied as liquids or granules. When applying liquid formulations, drift can be avoided by following several precautions. Spray when wind speeds are low. Do not spray when wind speeds exceed 5 mph. Also, do not spray when temperatures are expected to exceed 85 degrees F within 24 hours of application. Spray drift can be minimized by using low sprayer pressure and nozzles that produce coarse droplets.

Granular herbicides should be applied when the foliage is damp or wet so that the particles stick to the leaves, allowing herbicide uptake. Apply them in the early morning when the lawn is damp or water the turf before application. (MJM)

Drying gourds

Harvest gourds when the stem dries and begins to turn brown. Be sure to complete your harvest before the first hard frost. Immature gourds will not cure correctly, so only harvest mature fruit.

After harvest, wash the gourds in a mild bleach solution and dry off with a soft cloth. Discard any bruised, diseased or damaged fruit. To dry, place gourds on slatted trays or chicken wire fencing. Make sure they do not touch each other and are located in a warm, dry, well-ventilated location.

Curing can take one to six months, depending on the type of gourd. The outer skin hardens in one or two weeks, while the internal drying takes at least an additional month. Poke a small hole in the blossom end of the gourd to quicken internal drying. Occasionally turn the fruits, checking for uneven drying or soft spots. When you shake the gourd and hear the seeds rattling, it is cured and ready for a coat of paint or varnish if desired. (MJM)

Saving geraniums over winter

Many gardeners like to keep their geraniums from one year to the next. This provides plants for the home in the winter and reduces the cost of new plants in the spring.

There are several methods of handling the plants over winter. One way is to take cuttings and root them in the fall, just prior to a killing frost. Geranium stem cuttings, often called slips, should be four to six inches long. Take the slips from the tips of the healthiest stems. Remove the leaves on the bottom two inches of the cuttings. Stick the cuttings two inches deep in a container with potting soil and water thoroughly.

After the cuttings have rooted, in about three or four weeks, plant them in individual pots and put them in a well-lighted location. Keep the soil evenly moist and begin fertilizing monthly once new growth begins.

Rather than take cuttings, some people prefer to pot their best plants and bring them inside

to over winter. If this is your choice, cut the plant back to about one-third its original height. Carefully dig up the plant and pot it in an adequate-sized container. After you pot it, water thoroughly. Location and care is the same as for rooted cuttings. A sunny, cool location is best.

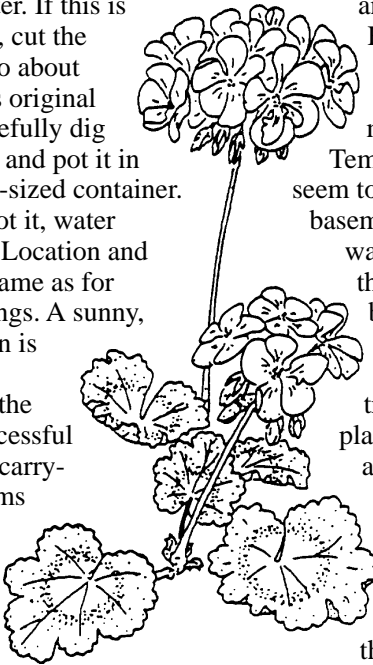
One of the old, but successful methods of carrying geraniums over winter, is to dig up the entire plant prior to frost. Shake the soil from the roots and hang it from the basement rafters. Years ago fruit cellars were quite common and they made excellent places to hold the plants with this method. It will not work in many basements today because temperatures are high

and humidity is too low. However, some people report success with hanging geraniums in modern basements.

Temperature and humidity seem to differ in every basement. Since there is no way of knowing whether this will work in your basement, try it with expendable plants.

If you decide to try this method, take the plants down occasionally and place the roots in water for a couple of hours. then hang them back up. Do this several times during the winter to prevent them from drying.

Whether you carry your geraniums through the winter as young plants started from cuttings, as old plants in flower pots or dormant plants hanging in the basement, keep them inside until all danger of frost has past in the spring. (MJM)

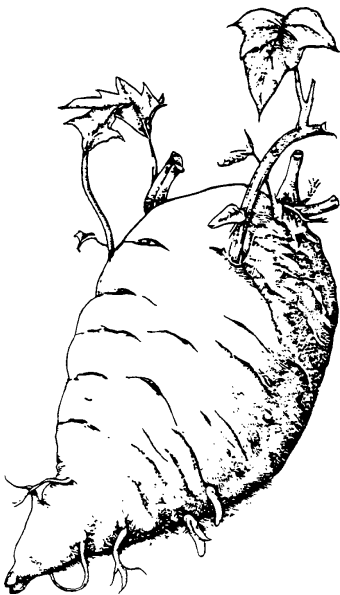


Storing sweet potatoes

Harvest sweet potatoes after a light frost kills the vines. Do not delay harvest after the vines die back, the tubers will not increase in size and may begin to rot. Do not wash the sweet potatoes after you dig them. Place them in a basket or slatted crate where there is good air movement. Store sweet potatoes in a warm, dark place to cure them. Ideally the temperature should be 85-90° Fahrenheit with 85-90% humidity. The curing process helps to heal cuts and bruises. It also helps to change the starch in the root to sugar. This increases the

sweetness of the potato. Sweet potatoes will take about five to seven days to cure.

After they are cured, store the potatoes in a cool place, preferably where the temperature will be maintained at 60° Fahrenheit. If possible, choose a place with high humidity. The temperature should not be allowed to drop below 50° because if the potatoes suffer cold damage, they will rot. Never store sweet potatoes in the refrigerator. If sweet potatoes are stored properly, they will keep for several months. (MJM)



House herbs

The end of the outdoor gardening season doesn't have to mean the end of fresh herbs. You can have fresh herbs all winter if you pot up plants now and grow them indoors as house plants.

Mint, chives, parsley, sweet marjoram and basil are the easiest to grow indoors. Rather than dig up whole plants from the garden and potting them, start your indoor herb garden with new plants.

From healthy plants in the garden, take 4- to 6-inch cuttings and root them in moist sand or

vermiculite. Or divide old plants into several smaller ones and pot in a house plant potting mix. Place plants in a sunny south window or under artificial light and water whenever the soil surface feels dry.

Use a house plant fertilizer on your herbs only if you're cutting them often. Too much nitrogen may cause herbs to lose their characteristic flavor and aroma.

If you can't get cuttings from your favorite herbs, you

can try growing them from seed. Many herbs are slow to germinate, however, and some are very susceptible to damping-off, a fungus disease of seedlings. If you decide to start herbs from seed, be sure to use a sterile growing medium and sanitized containers. The easiest herbs to grow from seed are basil, borage, caraway, dill, fennel, summer savory, marjoram, winter savory and thyme. (DJ)

University of Nebraska

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Information Center

1-800-832-5441 • 441-7188 in Lincoln area

To listen to a NUFAC TS message, call the number above on a touch-tone phone, then enter a three-digit number listed below.

Call 441-7180 to receive a brochure with all the NUFAC TS topics.

HORTICULTURE

| | | | |
|-----|------------------------------|-----|------------------------------|
| 110 | Good City Trees | 194 | Fall Lawn Care |
| 113 | Pine Needle Drop | 210 | Amaryllis |
| 114 | Mulches | 215 | Moving Houseplants Indoors |
| 122 | Fall Watering | 239 | Apple Harvesting |
| 138 | Tree Stump Removal | 241 | Fruit Storage |
| 143 | What to do with Leaves | 243 | Harvesting Peaches & Pears |
| 151 | Iris Care | 244 | Why Fruit Trees Fail to Bear |
| 152 | Peony Care | 262 | Garden Clean Up |
| 153 | Cannas | 266 | Composting |
| 161 | Fuchsia | 271 | Drying Gourds |
| 166 | Tender Bulb Care | 284 | Sweet Potatoes |
| 181 | Dethatching a Lawn | 285 | Storing Squash |
| 182 | Seeding a Lawn | 291 | Soil Testing |
| 184 | Aerify Your Lawn | 293 | Chives and Garlic Chives |
| 190 | Tall Fescue Lawn Care | 294 | Worm Composting |
| 191 | Kentucky Bluegrass Lawn Care | | |

...and more than 400 additional topics.

Collecting evergreen seeds

In Nebraska, October is a good time to collect seed from evergreens for future planting. Seeds of most evergreens (pine, spruce and fir) are enclosed in cones. It takes two years for pine cones to mature and produce seed, so pick only the large, greenish-brown cones. There may still be cones attached to the tree from last year, and they will be completely brown, open and seedless.

Spruce and fir seed mature in one year, so all greenish-brown cones are ready to be picked. Cedar and juniper seed are contained in berry-like cones which appear blue when ripe.

After collecting cones, place them on a dry surface in the sun until they open. Shake or tumble open cones over a screen to remove the seeds.

Further information on growing conifers from seed is available from the Extension office by requesting the NebGuide G 77-380. (DJ)

1997 Legislature increases penalties for illegal dumping!

Trash of all kinds, including building materials, tires and white goods is still being dumped on Lancaster County roads and ditches, especially within several miles of the Lincoln city limits. In some cases, this dumping is done in the middle of the road and poses a serious road hazard to rural travelers.

The three-year trend shows illegal dumping is slightly less than last year, but still greater than in 1994-1995. Based on input from Lancaster County agencies, a bill was submitted by

Senator Chris Beutler, and subsequently passed by the 1997 Legislative Session, which will increase fines for littering and illegal dumping. This bill, LB 495, also carried an emergency clause which means that it took effect immediately.

As a result, maximum fines for littering and illegal dumping have increased as well as jail time. A first offense of illegal dumping can cost \$500 with three months in jail. Second and third offenses can cost \$1,000 with offenders spending one year in jail, maximum. City officials

hope the increased fines will deter illegal dumping. Landfill gate fees will increase in September, 1997 (*see related story*), but are much less than fines.

So, do your part to keep our rural roads and ditches free from trash. Report illegal dumping when you see it. Contact the Lancaster County Sheriff's Department (441-6500). Try to get a license plate number, a description of the vehicle and persons involved and provide the exact location of the dumping incident. (BPO)



Don't Dump.

441-6500

Report illegal dumpers.



Landfill rates increase, but still a bargain

Barb Ogg
Extension Educator

If you take a pick-up or trailer load of trash to the Bluff Road Landfill after September 1, you may be surprised to find that the rates have increased. However, other solid waste disposal fees will not increase.

A telephone survey of fees of other landfills in and around Nebraska suggest these fees are reasonable. Pick-up load fees for landfills in Douglas, Sarpy and Cass counties range from \$10-\$20 per pick-up load.

No tax dollars are used to support the landfill or transfer station operations. The landfill operates like a business and must generate money from haulers and citizens through gate fees.

Landfill rates for the most common waste items are listed below. In addition to these rates, there are rates for disposal of asbestos, contaminated soils and other special wastes. Disposal of

special waste is more expensive, because special handling is necessary. For more information, call 441-7738 for asbestos and special waste, hours of operation and other landfill information.

| Landfill Tipping Fees | September 1997 |
|---|----------------|
| Solid Waste at Bluff Road Landfill (\$/ton) | \$16.00 |
| Yard Waste at Bluff Road (\$/ton) | \$14.75 |
| Pick-up trucks, trailers, cars w/trailers (ea.) | \$10.00 |
| Cars (ea.) | \$2.50 |
| Pick-ups with trailers (ea.) | \$16.00 |
| Uncovered loads at North 48th Street (ea.) | \$3.00* |
| Passenger tires (ea.) | \$3.00 |
| Implement tires | \$11.50 |
| * in addition to disposal fees | |

Yellow jackets

People often mistake bees for yellow jackets because of their size and coloring, however they are very different. Yellow jackets have a shiny black and yellow body and measure 1/2 to 3/4 inch in length. Like bees, they have the ability to sting as a means of ensuring survival. However, unlike a bee, a yellow jacket can sting more than once. They can be very dangerous to people who have an allergy to the stings.

These social insects live in large caste-divided colonies. Just before winter, the queen mates and finds a place to overwinter (i.e. decaying stump). The queen is the only one of the colony to overwinter, the rest die. In spring, the queen comes out of dormancy, begins feeding and searches for a nest site to begin

her colony. She may find an eave, tree, woodpile, railroad tie or even an opening in the ground. Once a location is found, she constructs a nest. The nest is made from a paper-like material gathered from decaying wood and fibers mixed with saliva.

The queen lays her eggs in cells and protects them until the larvae emerge. The larvae are fed until they pupate and adults emerge approximately three weeks later. The first adults to emerge (sterile females) take over most of the duties of the queen. As the colony becomes larger, the sole responsibility of the queen is to reproduce. The colonies become very large by late summer and it is during this time that the overwintering queens are produced.

Yellow jackets frequent outdoor gatherings because of their attraction to meats and sweet foods. Stings occur when people or animals disturb wasps while they are hunting for food or protecting the nests. Yellow jackets have also been known to attack when unprovoked.

The best control for yellow jackets is to avoid contact with them.

• At outdoor activities (i.e. picnics, football games), keep food and drink covered. It is not unusual for a yellow jacket to slip into a soda can when you are not looking. Consider pouring your soda into a glass, or purchase snap-on lids with straws for soda cans. These are available at grocery and discount stores.

continued on page 11

Environmental Focus



Neighborhood clean-up

The “Teens Growing Into the Future” (T.G.I.F.) group held a neighborhood clean-up in the West Lincoln area in late June. The clean-up featured free garbage and yard waste service from Don Shea Refuse and Alley Cat Disposal, a park clean-up, a recycling drive and a neighborhood picnic. The effort was begun by the middle school youth leadership group with the support of the UN Cooperative Extension in Lancaster County and the West Lincoln Family Resource Center. In the end, a total of 20 local businesses and organizations contributed over \$1300 in donations and services and a total of 52 people contributed over 270 volunteer hours.

Thirty West Lincoln neighborhood residents attended the picnic and/or volunteered their time; 500 lbs. of garbage was collected, 4800 lbs. of yard waste was collected, 5 large appliances were picked up and recycled, one-half truckload of recyclables were recycled and West Lincoln Park II was entirely repainted.

Members of the T.G.I.F. group, Katie Bogatz, Anna DeGraff, Dyan Haahr, Erin Hilsabeck and Matt Yoakum felt the event was a success for a pilot project, considering what was accomplished, and hope for even bigger and better things in the future. (TB)

Frustrated by flies? Here are some helpful tips:

Fruit Flies—Small flies that are usually a light brown color and may be marked with bright red eyes. These flies are often found hovering around ripe fruit. No insecticides are needed.

Control:

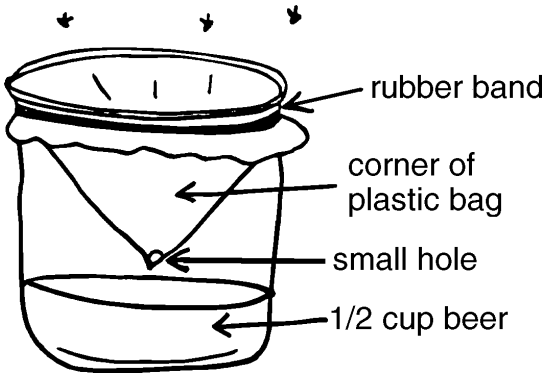
- Discard overly ripe fruit or place it in the refrigerator.
- Wash soft drink and/or beer containers, and fruit and vegetable cans that are going to be recycled.
- If flies are found emerging from standing water, eliminate the water, if possible. In an open sewer drain, place about 1 teaspoon of cooking oil in the water. **Never pour insecticides down the drain!**
- Try a fruit fly trap (see diagram below) to capture remaining adults in home.

continued on page 11

Simple fruit fly trap

Materials needed: jar, plastic bag, beer, rubber band

1. Pour approximately 1/2 cup beer into jar.
2. Place plastic bag over mouth of jar with one corner reaching down into jar.
3. Poke a small hole (no more than 1/4" diameter) in corner of bag with a pencil.
4. Secure bag around rim with rubber band.
5. Place trap out-of-reach of children, pets.



Fruit flies will be attracted by the fermenting beer, find their way through the tiny hole in the bottom of the funnel, and not be able to find their way out.



Farm Views

Sign up now for fall conservation work

Fall is traditionally the busiest time of year for installing soil conservation practices such as terraces, basins and waterways. If you are interested in doing work this fall and would like to participate in the Lower Platte South Natural Resource District's (NRD) conservation cost share program, now is the time to sign up. The NRD Board of Directors considers cost share requests at its regular meetings on the third Wednesday of each month. In order for a request to be considered, the application needs to be received no later than one week prior to the meeting. If you would like to sign up for fall work, contact the Natural Resources Conservation Service (NRCS) office at 423-0800 or the Lower Platte South NRD at 476-2729. (SCB)

County Committee election

The Lancaster County Farm Service Agency (FSA) is looking for candidates for the farmer-elected County Committee election this fall. The County Committee has an important role in the delivery of USDA services to farmers. FSA wants to include farmers in nontraditional producer operations as well as people whose livelihoods are dependant on traditional farming. These people could include beginning farmers, specialty crop farmers, truck farmers, spouses or business partners. Their help and experience is needed on this committee and the FSA would like people who have been active in these areas to be nominated.

The FSA County Committee is the most direct link between USDA farm programs and local producers. The unique county committee system helps shape nationwide programs into programs that work at the local level by making decisions on things like commodity price support loans and payments, land establishing allotments, yields and marketing quotas for some crops. FSA committees also make producer eligibility determinations for farm loans, program payments, conservation programs, as well as disaster assistance.

Nomination petitions may be requested by eligible voters and will be due in the Lancaster County FSA office by October 27, 1997. The County Committee election will be held in late November and early December; however, a finalized list of candidates will be selected by the first week in November.

The people elected to the County Committee will become part of a national network of farmers and ranchers that have a unique opportunity to help the future of all local producers. This is government at its best—local in nature, focused here at home and bringing the resources and expertise of the USDA together with the FSA's customers in rural America.

For further information about the County Committee and the election process, or to request nomination forms, interested parties should contact the local Farm Service Agency at 423-9683.

Competition, consolidation predicted for grain bin industry

Increases in the size of trains offering freight rate breaks for the grain storage industry may cause a decline in the number of grain companies in Nebraska.

Starting two years ago, Union Pacific began offering 100-car freight rates and dedicated trains. Burlington Northern/Santa Fe offered a 108-car dedicated train. Dedicated trains serve only one company.

To fill that many cars, a company must supply 400,000 bushels of grain every time the train returns to the elevator, a total of more than 10 million bushels a year. The company is penalized if it fails to fill the train.

One hundred car freight rates will give companies a seven- to eight-cent advantage over rates on smaller trains. This may push some grain elevators out of business and cause farmers to drive a greater distance to the elevator.

Trains were deregulated by the federal government in the 1980's. At that time, Burlington Northern/Santa Fe began offering a 54-car rate. Union Pacific had both 50- and 75-car rates.

Before regulation, in 1975, Union Pacific and Burlington Northern/Santa Fe both offered 25-car rates.

Trends in Nebraska show that as the number of cars per train increases, the number of grain elevators decreases. In 1960, Nebraska had 1,000 elevators. Now there are 320. With the new rates, the state may need only 80.

Source: Mike Turner, Ph.D, Agricultural Economist, NU/IANR (WS)

Ag marketing video course

A popular University of Nebraska-Lincoln agricultural marketing course with a nationwide following is again being offered this fall—this time with World Wide Web and telephone discussion connections.

"Agricultural Marketing and Entrepreneurship" has been called "college in the real world," said James Kendrick, instructor and UNL agricultural marketing and policy specialist. As farm subsidies phase out, being able to make a profit in the "real world" is becoming more challenging, and what you don't know CAN hurt you.

This course has proven to help producers make money because it demonstrates marketing tools and risk minimization in current, worldwide applications. The course also teaches producers how to track marketing trends and construct their own marketing plan.

This fall's course also offers electronic means for class participants to interact with each other and Kendrick: telephone discussion group, listserv discus-

sion group and World Wide Web.

For an additional \$50.00 fee, participants may engage in five, 30-minute discussions related to marketing strategies and what works for each other. "Talking Dollars and Sense with Dr. Jim Kendrick" groups are limited to 20 participants so they can become more personable.

...being able to make a profit in the "real world" is becoming more challenging, and what you don't know CAN hurt you.

Free features for this year's course are a listserv discussion group and an opportunity to see and hear Kendrick for up to 10 minutes live on the World Wide Web, three times each week. Class members may call in their questions in advance and get answers on the Web presentation. Class members without access to the Web may receive the same

information shortly afterward over the telephone.

Those participating in the listserv who also wish to see Kendrick on the Internet will need a computer, a World Wide Web browser, sound card and Internet access. The listserv is a great form of continuing education because people become acquainted with and learn from others across the nation.

Anyone who wishes to take the course simply to improve their marketing skills may do so for \$350.00, which includes the textbook. The course may be taken for NU undergraduate credit for \$353.25 plus textbook.

Those registering for the course will receive 15 videotapes from September 2-December 18. Each tape will contain two or three one-hour presentations. As in the past, a toll-free telephone number is available for class participants who have questions, comments or who need assistance with the course work.

Registrations are due August 25. For more information, call (800) 755-7765. (WS)

Last cutting of alfalfa

The date of the last harvest of alfalfa affects its winter survival and next spring's vigor. Alfalfa needs four to six weeks of uninterrupted growth in the fall to become fully winterized. This winterizing generally begins about three weeks before the average date of first frost. The last harvest can occur anytime before winterizing begins or after the winterizing period is over with little worry about affecting stand life. But, harvesting during winterizing can be risky.

How risky is it to harvest alfalfa during winterizing? It depends on how much stress the

alfalfa experienced this year. The most important factor is the number of cuts taken this year. Fields cut four or five times are more susceptible to winter injury than fields cut three times or less. Also, young stands of winter hardy, disease-resistant varieties are less stressed and can be harvested during winterizing with less risk than older stands of disease-susceptible varieties that are only moderately winter hardy.

Also consider the need for extra alfalfa or its value as a cash crop. There may be a short crop this year, making an extra cutting

more valuable. The risk of lowering next year's yield by cutting during winterizing may be more acceptable. But if hay is plentiful, the risk may not be worth it. Alfalfa can also be cut with very little risk if the winterizing process has been completed. In general, it seems advisable to make the last cutting in the fall at least four weeks before the average date of the first killing frost. In Lancaster County, that means the greatest risk for cutting alfalfa in the fall occurs between September 15 and October 15. (WS)

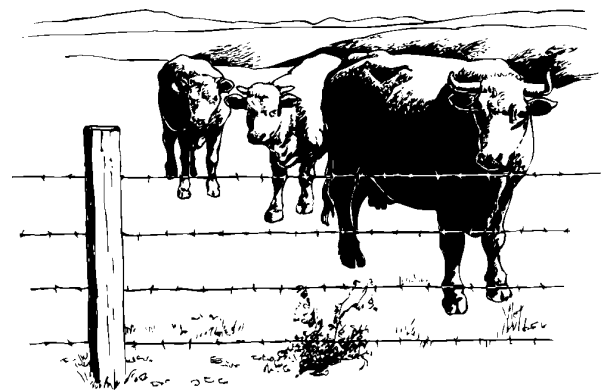
Avoid over-grazing warm-season grasses

Remember the old grazing adage "take half and leave half?" This may apply to pastures this year because of low productivity.

"Take half and leave half" was the grazing recommendation for many years on rangeland and for seeded warm-season grasses. And in many cases it still is. But today, much emphasis is on grazing techniques that use cross-fences to form multiple paddocks. These techniques are known by many names like intensive grazing, controlled

grazing and wagon-wheel grazing. And when used correctly, they have increased stocking rates and permitted excellent animal performance.

How the pastures are grazed, though, does not affect



the basic growth processes of the grasses. If a pasture is severely grazed, plants in that

Making good silage

It's hard to believe, but summer is nearing an end and silage harvest time soon will be here. Bruce Anderson, Extension Forage Specialist, offers these tips on making good silage.

Good corn silage, and even sorghum silage, can replace some grain in your livestock ration to reduce feed costs. It must be good quality silage or animal performance will suffer.

There are three keys to making good silage. The first is chopping at the right moisture. Silage in bunkers should be about 65 to 68 percent moisture and in upright towers around 62 to 65 percent is best. Bags work well between 60 and 70 percent. Silage chopped too wet will run or seep, carrying away many valuable nutrients, and it often has a sour, smelly, unpalatable

fermentation. Silage chopped too dry usually develops some mold and the silage heats. Palatability is excellent but protein and energy digestibility can be low in heat-damaged silage.

Next, oxygen must be eliminated. Proper moisture, rapid filling, tight packing, uniform distribution and correct length of cut helps force air out of the silage pile. Then cover

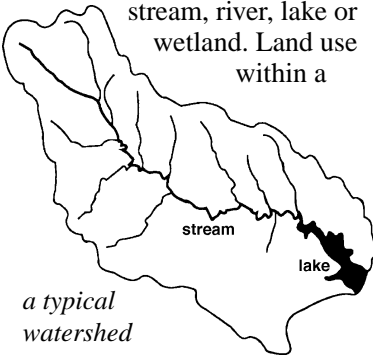
continued on page 11

Managing water resources

Protecting the water resources on your property, whether natural or manmade, should be one of your highest priorities. Well managed streams and ponds add beauty and diversity to the landscape and enhance the value of the property. In addition, we all have a responsibility to use our water resources wisely and to protect them from contamination.

Watersheds and water quality:

A watershed is an area of land from which all runoff drains to a common outlet such as a stream, river, lake or wetland. Land use within a



watershed influences both the quantity and quality of runoff. Generally, as the intensity of land use increases, runoff volume and velocity increase. At the same time, the number of potential sources and types of pollutants increases. Runoff carries these pollutants directly into surface waters. Because most of this pollution comes from many dispersed sources throughout a watershed,

Water Quality Quiz

1. What I do on my land has no impact on water quality.
2. Riparian areas are not essential for protecting water quality.
3. It's o.k. to fill or drain a wetland.

If you answered "true" to any or all of these questions, read on.

it is referred to as nonpoint source pollution. Everyone lives and works in a watershed and has an impact on water quality. Therefore, a conscious, cooperative effort by everyone in the watershed is the key to reducing the impact of nonpoint source pollution.

from the U.S. Army Corps of Engineers. To determine whether or not you have a wetland area contact your local office of the Natural Resources Conservation Service.

Riparian areas

Riparian areas are unique ecosystems located along the banks of streams, rivers, lakes and wetlands. Because they occur at the interface between upland areas and bodies of water, the importance of riparian zones far exceeds their minor proportion of the land base. Healthy riparian vegetation stabilizes stream banks, traps sediment eroded from upland areas and can remove plant nutrients



important areas on the landscape where the water table is usually at or near the surface, or the land is covered by shallow water. They generally occur in conjunction with aquatic systems such as streams or lakes, but can also occur in small depressional areas on uplands. Wetlands play a significant role in protecting water quality by trapping sediment, storing nutrients and removing many other types of contaminants from surface water. Wetlands also provide habitat for a wide variety of plants and animals including many exotic and endangered species. It is illegal to fill or drain a wetland without first obtaining a permit

and other contaminants from runoff before they reach the stream. Riparian areas are also valuable to wildlife as a source of food, water and cover.



What can YOU do?

- Control runoff and soil erosion on your property.
- Use fertilizers and pesticides sparingly and according to label directions.
- Dispose of used oil, antifreeze, paints and other household chemicals properly.
- Properly maintain septic systems and lagoons.
- Protect wetlands and riparian areas.

HELP! Your input is needed.

In order to make the Acreage Section of the NEBLINE more responsive to your needs, we would like to know what articles or topics you would like to see in this section. We are also considering including a question and answer feature where we will try to find answers to your questions and print them in a future issue of the NEBLINE. Please send your comments, suggestions or questions to the NEBLINE Acreage Editor, Lancaster County Extension Office, 444 Cherrycreek Rd., Lincoln, NE 68528-1507, or call 441-7180. Thanks for your help. (SCB)

Name

Address

CityStateZip Code

Phone Number

Comments, suggestions, or questions

Acreage Insights



Festival of Color

Displays of colorful water conserving flowers, children's activities and landscaping demonstrations will be featured at the fifth annual Festival of Color on Saturday, September 6, 10:00 a.m. to 4:00 p.m. The festival is held at the John Seaton Anderson Turfgrass and Ornamental Research Area. The site is located at the University of Nebraska's Agricultural Research and Development Center near Mead, Nebraska.

The 1997 festival will feature an all day demonstration on how to create a new or renovate an existing landscape that is both attractive and environmentally sensitive. "Design and irrigation principles, plant selection, planting/mulching and berming will be discussed", according to Steve Rodie, Assistant Professor and Landscape Horticulture Specialist at UNL. "Landscaping should not only beautify the yard space around a home, but it should also serve useful purposes, such as providing shade and privacy, creating areas for gardens, pets, or storage, and defining patio/deck areas as outdoor 'rooms' which add comfortable living space to the home. Accomplishing these objectives while lessening water and chemical use can be a real challenge. The demonstration, which reflects an actual front-yard and back-yard landscape in progress, should help homeowners better visualize how they can enhance their own home landscapes."

Permanent and "in-progress" demonstration sites are an important part of Festival of Color. These sites are perfect for addressing landscaping practices that homeowners face in their own yards. Demonstrations will include best lawn management practices, smart tree and shrub planting, turf selection and renovation, demystifying home irrigation systems, water gardening and pond maintenance, deadheading and dividing perennials, planting and forcing bulbs, houseplant propagation and backyard wildlife. Beekeeping demonstrations will also be ongoing throughout the day.

Guided tours on tree and shrub selection, perennials, ornamental grasses and turfgrass will also be offered. Tent talks will feature landscape water management, seasonal wreaths and centerpieces, and fads in perennial gardening. A special landscape problem-solving session will feature the panel from the Backyard Farmer show. The public is invited to bring plant samples, as specialists will be on hand throughout the day for weed identification and plant diagnosis. Nursery retailers will offer a large selection of plant material, including plants featured at the festival for sale the day of the event. Garden ornaments and furniture will also be available. A food court will be on hand, as well.

For more information contact Amy Greving, Extension Assistant, University of Nebraska Department of Horticulture (402) 472-2584 or Deloris Harder, Outreach/Educational Programming Assistant, (402) 624-8022. Internet users can get more information at the Festival of Color website at <http://hort.unl.edu/fallfest/>. (SCB)

Learn at your convenience

—24 hours a day, 7 days a week—



NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.



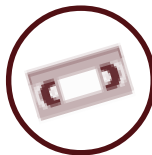
Acreage & Small Farm Insights Web Site

Visit our Internet web site at: <http://ianrwww.unl.edu/ianr/lanco/ag/acreage> to learn about Extension programs, publications and links to other acreage and small farm information.



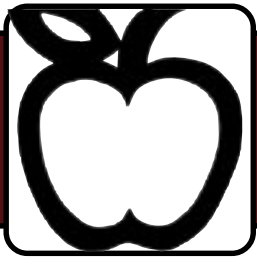
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"Part-time Farming" video

"Part-time Farming" will help effectively develop your country environment and improve your quality of life. Just one hour of "Part-time Farming" provides numerous tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.



Food & Fitness

Focus on Food



Alice Henneman, RD, LMNT
Extension Educator

Q: How can you substitute oil for a solid shortening in baked products?

A: There is no standard procedure. While oil is 100% fat—butter, margarine and other solid shortenings are lower in fat on a volume for volume basis (margarine and butter are 80% fat).

Also, solid shortenings help incorporate air into the batter when they're whipped with other ingredients such as sugar and eggs. This procedure is often referred to in a recipe as "creaming." If you try to cream ingredients with oil, your baked product is likely to be more compact and oily in texture.

Your best bet is to check with the companies that make oil—most have toll-free numbers or addresses that you can contact for more information. Also, look for recipes specifically using oil. (AH)

Don't Get Bugged by a Foodborne Illness



Was it the flu or something you ate? The symptoms are often the same. If you'd like to be trained to present a 30-45 minute food safety program to your organization or group, call Alice Henneman (441-7180). We'll provide you materials and personalized training on "Don't Get Bugged by a Foodborne Illness." "Don't Get Bugged" is a national award-winning game developed by Alice Henneman, Extension Educator. It's fun, easy and used by over 1,200 educators nationwide. **Please call at least six weeks before your program date.** (AH)

Take time for breakfast

There's no better time to examine breakfast eating habits than the beginning of the school year. In fact, September has been designated as "Better Breakfast Month."

Studies indicate children and adult students who eat breakfast do more and better work in school than those who don't. Those who do not eat breakfast tire more quickly, are more irritable, and react less quickly than those who do eat breakfast. Because a large portion of the basic subjects are taught before noon, breakfast is an important meal.

There are many reasons people skip breakfast. The most frequently heard include: "There isn't time." "When I eat food that early it makes me sick." "I don't like breakfast foods." "I skip breakfast to control my weight."

continued on page 11



Healthy Eating

Alice Henneman, RD, LMNT
Extension Educator

Green and Purple Coleslaw

(Makes 8 servings)

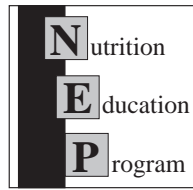
Enjoy this colorful version of a nutritious coleslaw salad!

- 4 cups shredded green cabbage (1 pound or 1 small head)
- 1 cup shredded purple cabbage (save outside purple cabbage leaves to line salad bowl)
- 1/4 cup fat-free or lite mayonnaise or salad dressing or salad oil
- 2 tablespoons cider vinegar or pickle juice
- 1 teaspoon grated onion
- 1 teaspoon sugar
- 1/2 teaspoon salt (optional)

1. Mix shredded green and purple cabbage together.
2. Mix mayonnaise, onion, sugar and salt together.
3. Combine the dressing with the cabbage and chill.
4. Serve in a chilled bowl lined with purple cabbage leaves.

Source: Harriet Kohn, former Extension Nutrition Specialist in "Designer Salads," HE Form 401. (AH)

Food safety—NEP summer youth special



Nutrition Education Program

for Limited Resource Families

Maureen Burson,
Extension Educator

"Thanks for the presentation about hand washing, germs, etc. The kids talked about it for a long time that afternoon and especially liked making and eating pudding," —Sarah A. Kroenke, Northeast Family Resource Center.

"The food safety programs kept the kid's attention plus provided education! My staff had many good things to say about the program," —Kent Henning, Community Center Director, Salvation Army.

Two-hundred sixty school-aged children at 12 program sites participated in the 1997 Food Safety Summer Special sponsored by the Nutrition Education Program (NEP) in Lancaster County. Groups ranged in size from six to 60 students.

Students learned to incorporate food safety/storage practices into their daily lives, recognize behaviors which will cut down the spread of germs and realize the importance of clean hands in preventing disease.

Students were divided into small groups of eight to 12. Each small group rotated to four hands-on learning stations. These included a board game entitled "Safe Food Safari" in which they rolled dice and moved their

marker around the board. When they landed on the 27 spaces which included messages, they moved their game piece accordingly. Messages include "forgot to wash your hands; lose a turn; threw away moldy bread; roll again; used fork which dropped on the floor; go back 2; washed dishes after eating; go ahead 4." Messages included a variety of practices ranging from not eating raw meat, washing off the top of cans, rejecting dented cans, and not drinking directly from the milk carton. The game was originally developed as an adult version from Purdue University. We modified it to include items to which children can relate.

The "Germs, Germs, Germs" learning station included mini-plays in which teams of two acted out ways in which germs are spread. They demonstrated the behavior change to prevent the spread of germs. Since some children are non-readers, they were given a picture showing the activity which they were to act out. These included behaviors such as sneezing in their hands and then

handing a book to a friend; putting a pencil in their mouth and then sharing it with a friend who puts it in his or her mouth; sharing a juice carton; putting their mouth on a water fountain; touching a pet and then eating food. A literacy activity was included in which the older children read the USDA children's activity book entitled "Food Safety at Home, School and When Eating Out."

The Glo-Germ hand washing activity was used to emphasize the importance of washing palms, above the wrist, under and around fingernails, around rings, backs of hands, between fingers, and in crevices. These "pretend germs" show up under a ultraviolet light. After hands are clean, children make pudding. Storing milk and leftovers, using clean utensils, checking for damaged packages, cleaning up and disposing of trash are all integrated as a part of the food safety activity.

For a copy of the curriculum, please contact Maureen Burson, Extension Educator, Nutrition Education Program, Lancaster County. (MB)



Belmont Recreation Center students learn the importance of Food Safety through the NEP program.

Pack a safe sack lunch

Now that school has started, you may be packing a sack lunch for your children. Avoid packing in the possibility of a foodborne illness by following these food safety tips:

- Wash the lunch container with hot water and soap after every use.
- Anything taken out of the refrigerator and put into the sack

lunch must be kept cold. Perishable foods that must be kept cold include: meat, tuna, eggs, milk, cheese and yogurt. **Opened** canned fruit and vegetables and **peeled and/or cut** fresh fruits and vegetables must also be kept cold.

If possible, store a sack lunch with perishable foods in a refrigerator until lunchtime.

When refrigeration isn't possible, carry already chilled foods in an insulated lunch container. Include an ice pack, gel freezer pack, or water frozen in leak-proof plastic freezer containers.

- If lunches are packed the night before, keep perishable foods refrigerated. Be aware that the cold refrigerator air doesn't reach foods in an insulated lunch

continued on page 11



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- 327 Avoid Time/Temp Danger Zone
- 330 Handling Eggs Safely
- 331 How Long Should You Keep Commercially Canned Foods
- and many more...*

Nutrition and Food Safety Web Site

Visit our internet web site at: <http://ianrwww.unl.edu/ianr/lanco/family/safety.htm> to learn about programs, publications and links to other sites.

FREE FoodTalk e-mail newsletter

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Alice's Analysis

Alice Doane
FCE Council Chair



August 5, 1997. What an enjoyable day this has been, low humidity and a temperature of 78 degrees. I can take more days like this, anytime. The weekend of July 26, we went to cool Wisconsin for a former UNL student's wedding. The afternoon of the wedding brought back memories of our wedding on July 18, 1954. The temperature was a flat 114 degrees in the shade, The humidity was not as high as what it was in Wisconsin, but the whole day was a scorcher. Only the bride and groom were "cool." Also I liked the little church in which we were married, there was no air conditioning. Just a few fans to stir the air. The temperature in Wisconsin was 99

degrees and the humidity was 95 percent. Boy, was it hot for the modern day wedding goers. I did not wear the white nylon gloves at this day as the women did for our wedding. In 1954, they had to go home, stand in front of a fan to dry their hands to get off the gloves. But everybody in cool Wisconsin had a good time and the young couple were bound to each other by faith, courage, vows and an unusual minister with an unusual sermon (something about skunks and bears, I just can't explain it), but it did happen happily. We made it through the county fair. FCE (Family and Community Education) sponsored the Health Awareness Day. Thanks to Helen McMahan for chairing the committee. Other Committee members were Doris Hall, Elsa Amen and Ann Meiers. Also a special thanks to the other ladies who came to help the committee.

We passed out 259 adult awareness stickers and 257 youth awareness stickers. We know more came into the building but never reached our booth for us to make one on one contacts. I know the high temperature of the day kept many away, but we were pleased with the turnout. I would like to give a big hug and many thanks to Lorene for all the work she did to make the day complete. When you have grandchildren taking part in the county fair, you must see and observe what they can do or have done. Anyway I want to. I have to watch all the livestock shows, observe all the static exhibits as well as demonstrations, judging contests and even the water fights at the end of the fair (we always hope it waits until then). Our Summer Sizzler was a success. Thanks to all for coming. If you were there, you know how much fun it was for

continued on page 11

Character Counts! with teens

LaDeane Jha
Extension Educator

"It wasn't fair!" shouted several teens when they realized that the instructions and materials they had been given to build a tower differed from those given other groups in the room. When questioned about what made the activity unfair, a lively discussion followed in which teens focused on difficult ethical questions such as: What does it mean to treat people equally? Is equal always fair? What does it mean for everyone to play by the rules? What does giving everyone a chance mean? Through hands-on activities such as building a "fairness" tower, 35 teens learned about the Six Pillars of Character—trustworthiness, caring, citizenship, respect, responsibility and fairness at a Character Counts! Teen Funshop, July 18. Keep commitments. Judge people on their merits, be courteous and polite, be appreciative and accepting of indi-



At the Character Counts! Teen Funshop, teens participated in hands-on activities like the citizenship game.

vidual differences. Pursue excellence, take responsibility for your actions. Be concerned about others' needs, share and be compassionate. Obey laws, do your share, respect authority, stay informed, volunteer. These were the messages from representatives of various community youth-serving agencies. Through thank you notes to sponsors, citizenship games, cinnamon roll

hugs, "found" dollar bills and skits on respect, the messages of character were heard. Making ethical decisions and accepting consequences was the message from Deputy Manny Bartek from the Lancaster County Sheriff's Office. He encouraged teens to: 1. Take into account the interests and well-being of those affected by their decisions.

continued on page 11

Keeping Families First at the fair is successful

Watching puppet shows and balloon animals created by the Lincoln Police Department, having faces painted by Community Alternatives and the Homestead Girl Scout Council, touring the Fire Safe House from the Lincoln Fire Department, playing with live snakes from the Pioneer Park Nature Center, and making family pledges were some of the activities families enjoyed at the first ever Keeping Families First Day during the Lancaster County Fair. Demonstrating his support of families, Mayor Mike Johanns began the day by reading a proclamation, the Tsypan Family Ukrainian Singers performed songs from their homeland,

Grandma Melanie brought fabulous African-American stories to life, the Red Eagle Dancers entertained in traditional Native-American costumes, Adam White worked his magic, and Amy Lamphere led an interactive dance segment for families. In addition, Mother Goose appeared to share some familiar nursery rhymes. Several lucky families won super prizes donated by local businesses. Overall, the Keeping Families First Event

was declared a success by Karen Whitson, intern, after receiving a tremendous amount of positive feedback from participating organizations and businesses. (KW)



Family Living

September FCE meeting

The September council meeting is scheduled for Monday, September 22, 7:00 to 9:00 p.m. Twyla Lidolph, former Extension Educator, will present the program "Suitcase Showing of Textiles and Clothing." The business meeting will follow the program. (LB)

District FCE meeting

The District FCE (Family and Community Education Club) Meeting will be held Tuesday, September 23, at Warren United Methodist Church, 1205 North 45th. Registration will begin at 8:30 a.m. and the meeting will conclude by 3:00 p.m. Registration fee is \$10, includes lunch, and is due September 13. Make checks payable to Dixie Allbery and send to 116 South Wesgate, Gretna, NE 68028-7848. The program will include up-to-date information on club issues, a report from Connie Larrington, state FCE president, a report on the Homemaker Exchange program and a tour of University of Nebraska East Campus Departments. (LB)

FCE leader training

The FCE leader training lesson, "Can We Come to a Consensus on This?" is scheduled for Thursday, September 25, 1:00 or 7:00 p.m. and will be presented by Lorene Bartos, Extension Educator. We will discuss group decision making and why the way groups make decisions has an influence on how people feel about the group. Anyone interested may attend. Non FCE members should register by calling 441-7180, so packets can be prepared. (LB)

AARP offers 55 Alive—Mature Driver Course

If your driver's license expires in 1997 and you are 50 years of age or older, you are urged to enroll in the 55 Alive—Mature Driver Course. In this course, you will review driving skills and prepare to take the license renewal test. This class is being offered Wednesday, September 17 and Thursday, September 18, 9:00 a.m. to 2:00 p.m. Cy Miller, certified instructor, will be in charge of the class. To register, please call 441-7180. Registration fee is \$8. Participants are asked to bring a sack lunch. (LB)

HOUSEHOLD HINTS

by Lorene Bartos, Extension Educator

Carefully measure the correct amount of laundry detergent for the wash load you are using. When too little detergent is used, clothes can become dull and dingy, white items become grey or yellowed, body soils aren't removed from around cuffs and collars, lint gets redeposited onto clothes and greasy-looking stains can appear. The proper amount of detergent will soften water to allow the detergent to do its cleaning job; loosen dirt and soils and hold the removed dirt, soil and lint in the wash water until it can be rinsed away. (LB)

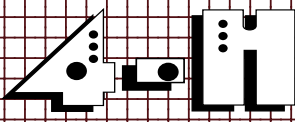
Life with your grandchildren

Caring for your grandchildren is hard work. You can't do everything. All you can do is your best.

- You *can't* keep your grandchild from feeling sad or angry. You *can* offer your grandchild care and understanding, and help find counseling if needed.
- You *can't* make your grandchild a better student overnight. You *can* help with homework, read together, limit television and work with your grandchild's school.
- You *can't* make your grandchild's parents get better. You *can* suggest drug treatment or other services you think might help and encourage them if they go.
- You *can't* do everything right, any more than any parent can. You *can* get services and support to help you with the challenges. There's relief in knowing that you can't—and needn't—do everything. You can take pride in doing your best. (Taken from *Grandparents Raising Grandchildren: A guide to finding help and hope* by Marianne Takas.) (LB)



4-H & Youth



BULLETIN BOARD

- ⇒ Teen Council will meet Sunday, September 14 from 3:00-5:00 p.m. All teens are welcome to join the fun. (DL)
- ⇒ Large Animal VIPS will meet Monday, September 15 at 7:00 p.m. (DL)
- ⇒ Ak-Sar-Ben 1997 Livestock Exposition runs September 23-29 at Ak-Sar-Ben in Omaha. (DL)
- ⇒ Project record books for Chris Clover Awards should be turned into your 4-H club leader by October 1. (LB)
- ⇒ 4-H Leaders—Herdsmanship award packets will be in your club mailbox for you to pick up. (DL)
- ⇒ Club community service award information is due in the Extension office by October 1. (LB)

4-H Celebration

The 4-H Celebration, held for the first time at county fair, was a success. 4-H members, leaders and volunteers were recognized for their service to 4-H. Pins were awarded to 2, 5, 10 and 15 year leaders, 4-H members who are completing their third year in 4-H and 1997 high school graduates. If you were to receive a pin but were unable to attend, you may pick it up at the Extension office.

4-H leaders completing 5, 10 and 15 years of service are Deb Arends, Paul Day, Mary Delhay, Carole Fixter, Janene Harris, Pat Heather, Gary Heetderks, Ben James, Les Johnson, Jody Klitzke, Janet Leick, Bonnie Paschold, Dennis Rosene, Craig Schnieder, Renee Schnieder, Donna Seefeld, Cindy Svoboda, Rosie VerMaas, Mary Woltemath (5 years); Diana Grage, Kay Jurgens, Cheryl Landon, Angie Latzel, Harry Muhlbach (10 years); Sandy Rosenboom and Vickie Rupert (15 years). (LB)

Awards

4-H awards books are due in the Extension office October 1. The awards competition will remain as it has in the past for county and district competition. All 4-H members 12 years old and older are eligible to submit books for county awards. If you have questions, call Lorene at 441-7180. (LB)

Award nominations

Nominations are needed for the following awards by October 1. Application forms are available at the Extension office.

4-H Meritorious Service—presented to individuals or organizations which have exhibited consistent and strong support of the 4-H program. 4-H members are not eligible.

Outstanding 4-H Member—presented to an individual who has excelled in their involvement with the 4-H program and are 14 years of age or older. The basis for selection appraises the variety and depth of 4-H activities.

I Dare You Youth Leadership Award—presented to junior or senior 4-H members who have demonstrated personal integrity, lead well-rounded lives and possess a willingness to assume responsibility. They do not need to hold leadership positions currently but should be recognized by their peers and adults who work with them as emerging leaders. One young woman and one young man will be selected from Lancaster County. (LB)

Kudos Corner

Hats off to the Flamingo’s 4-H Club for their effort in the Campaign Against Hunger. This outstanding 4-H club went door-to-door to collect over 100 items of food for the Lancaster County Food Bank. The efforts of this club are led by two dedicated leaders, Sharon Green and Sheri Ramirez. This club’s dedication to the community is admirable and greatly appreciated! (DL)



County fair was a success! Thanks to all the Lancaster County Fair volunteers, parents, 4-H leaders, 4-H members, 4-H Ambassadors and Teen Council members for a job well done. We couldn’t have a fair without your hard work. A special thanks goes to the Fair Board and 4-H Council members for their support of the 4-H program. Fayrene Hamouz and crew receive a *pat on the back award* for keeping the Rock Cafe and Snack Shack running. Thanks again! (LB)

Fair's over; now what?

A meeting for leaders and parents will be Monday, September 15, 7:00 p.m. to discuss finishing up the 4-H year and getting ready for next year.

Awards, project completion and selection, and club reorganization will be covered. Mark your calendar and plan to attend. (LB)



4-H Open House



Tuesday,
September 9
6:30-8:00 p.m.

Lancaster
Extension
Education Center
444 Cherrycreek
Road



For Adults &
Children (5 years
and older)

Learn more
about the 4-H
program!



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth R. Bolen, Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources. University of Nebraska Cooperative Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.



I’m interested in 4-H!

Return to University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507.
A 4-H representative will contact you. Please call 441-7180 for more information.

Name _____ ☐ Female ☐ Male Birthdate _____

Address _____ Zip _____

Telephone _____ Grade in school _____ School _____

Parent(s) name _____

Check project area of interest:

| | | | | | |
|------------------------------------|---|---|--|--|-----------------------------------|
| <input type="checkbox"/> Dogs | <input type="checkbox"/> Rabbits | <input type="checkbox"/> Home Environment | <input type="checkbox"/> Child Care | <input type="checkbox"/> Foods | <input type="checkbox"/> Clothing |
| <input type="checkbox"/> Cats | <input type="checkbox"/> Other Household Pets | <input type="checkbox"/> Woodworking | <input type="checkbox"/> Model Rockets | <input type="checkbox"/> Flowers/Gardening | |
| <input type="checkbox"/> Livestock | <input type="checkbox"/> Horses | <input type="checkbox"/> Safety | <input type="checkbox"/> Shooting Sports | <input type="checkbox"/> Photography | |

Are you interested in becoming a 4-H volunteer? Check your interest:

☐ Club Leader ☐ Project Assistant

4-H garden makes wonderful addition to school

The West Lincoln Wildcats 4-H Club finished planting a butterfly garden at the entrance of West Lincoln Elementary in late June. Throughout the year, the 4-H members have been learning about habitats, niches, plants, soil, gardening and butterflies through a 4-H SERIES service learning project. The butterfly garden features colorful plants that will attract caterpillars and butterflies allowing the students of West Lincoln to observe how insects interact with their environment. It will serve as a wonderful addition to West Lincoln Elementary's Outdoor Classroom plan which will be used to supplement regular classroom lessons.

The garden was made possible by a Learn & Serve grant offered by the Nebraska Commission for National and Community Service and the State 4-H office and supported by the UN Cooperative Extension in Lancaster County and the

West Lincoln Family Resource Center. Campbell's Nurseries also supported the effort by supplying the plants and planting materials at a discount, lending some much needed advice and drawing up the garden plan. (TB)



The butterfly garden at West Lincoln Elementary.



4-H members Kandra and Ashia Witkovski tending the plants.

4-H & Youth

Community service opportunity

A Mexican dance group needs skirts sewn for their participants. Fabric and patterns will be furnished. If you would be interested in sewing for this group, please call Lorene. (LB)

Parental role in school success

Are high academic achievers more likely to become well-adjusted and productive citizens? Yes! A nation-wide study of high achievers found that the attitudes, habits and discipline that worked for students in the classroom served them well as adults. This study also confirmed the results of other research and provided solid evidence for something many of us intuitively feel: that parents can play a critical role in our children's success at school. Here are some other findings:

- *Any child with basic* intellectual endowment can become a high achiever in school. Kids do not have to have a high IQ or a special talent for creativity. School achievement is most likely to happen when parents and teachers work together. Parents are more effective when they guide—instead of push—kids to do well in school.
- *Learning is rooted* in curiosity. Because young kids are naturally curious, this is a trait parents can help to develop as kids grow older. The sense of curiosity and desire to explore serves to reinforce and strengthen children's later ability to learn.
- *Not all high* academic achievers are early bloomers—especially kids who have had a learning disability or a physical challenge in their early years. Many students who go on to great success in school may have experienced failure along the way.
- *Children learn through* observation. Seeing parents read inspires kids to read. Seeing parents start and finish activities and work assignments motivates children to do the same. When parents turn off the television set so they can spend time reading a book, they send a powerful message to children.
- *Having responsibilities* and doing chores at home helps kids develop skills and work habits that are transferable to the classroom.
- *Quiet time is important* for learning. Kids need a space of their own (however small) in which to think, study and do homework.
- *Extended families* can form an important support system for high achievers—not only parents but grandparents, aunts, uncles, cousins as well as teachers, coaches, neighbors and friends.
- *Parents of high academic* achievers tend to emphasize children's accomplishments, not merely their good grades. They encourage their children's learning for learning's sake—not to show off their children's abilities. They are not strongly influenced by what other parents may think or do.

Source: Parents' key role in children's success at school by Arline L. Bronzaft, Ph.D.—*Work & Family Life Balancing Job and Personal Responsibilities* October 1996, Vol. 10, No. 10. (LJ)

Assessing your child's school year

Summer is a good time to evaluate a child's academic progress. As you look back on the past year, the Independent Education Consultants Association (IECA) suggests asking the following questions:

- On most days, did your child come home from school enthusiastic about what he or she learned?
- Did your child frequently ask to stay home because of a headache, stomachache, sore throat or another physical symptom?
- Did your child complain about being bored or not understanding material presented at school?
- Was the homework sufficient to reinforce lessons learned in school without overwhelming him or her?
- Did your child's report card show an upward or downward trend from the beginning to the end of the academic year? Was there one problem area or did you notice numerous trouble spots?
- Did your child seem to be sliding by or working at full potential?

If you were less than satisfied with your youngster's academic experience, think through your options for the coming year. Ask local resources for help in making the school year a good one for your child.

Source: *Working Mother*, June 1996. (LJ)

Fun at the fair...





Community Focus

Lincoln/Lancaster County Emergency Service

Carol K. Witfoth
Assistant Coordinator

Originally, Lincoln/Lancaster County Emergency Services was formed as part of the nationwide Civil Defense System developed in 1950 to assist in protection of civilians in the event of nuclear war. The easing of world tension changed the worldwide political climate reducing nuclear threat. Emergency Services/Civil Defense was the logical agency to assume other responsibilities.

Today Emergency Services encompasses a wide variety of activities. The first activity is severe weather responsibilities. Each spring we are involved in an extensive education program. Media packets are prepared and delivered to all media in Lincoln/Lancaster County. Annually, we give severe weather presentations for businesses, industries, schools, churches, hospitals, health care facilities and government agencies. Tornado surveys are provided upon request and we do these at no cost to requesters.

Emergency Services has an integrated warning system for severe weather. Alert receivers are placed in schools, health care facilities and businesses. These and the cable interrupt system are used to warn of the potential for severe weather. The third component of the warning system is the sirens. There are sixty throughout Lancaster County and they, along with the alert receivers and cable interrupt, are used to warn that a tornado is in the area.

Much of what we do is accomplished with the assistance of volunteers. In severe weather operations we draw from a spotters pool made up of trained volunteers who are members of the Lincoln Amateur Radio Club, REACT and E-Team. These people are trained and re-trained each spring. Attendance at these training sessions exceeds 200 persons. Their expertise is critical when there is severe weather. They are literally our eyes and ears in

the world outside our Emergency Operations Center (EOC). In the EOC, during an activation, is another group of trained volunteers. These persons belong to our Volstaff and are called upon to perform a variety of activities from plotting storms on maps to monitoring radars.

One committee, the Advisory Defense Council (ADC), meets six times a year and is a valuable source of guidance.

The Disaster Preparedness Planning Committee (DPPC) does just what its name implies. This committee with over seventy members from the health community, industry and government focuses on preparing disaster plans and testing those plans.

Many agencies need to test their plans for accreditation. Testing is accomplished primarily through three levels of exercises.

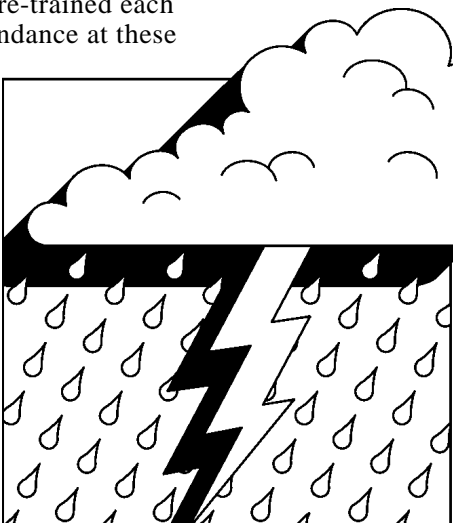
The first level of exercise is the Tabletop Exercise. This event is a low stress exercise. Following the disclosure of a scenario, participants discuss how their agency will respond.

The Functional Exercise is the next step up. Once the scenario has been presented, participants respond to additional events or messages in a time controlled environment. Obviously, this is a more stressful atmosphere.

The most elaborate, and the most difficult, exercise is the Full Scale Exercise. Full Scale Exercises involve the movement of equipment and personnel in the predetermined scenario. Once the disaster scene is prepared and victims in place, responders take part as if they are involved in a real incident. This exercise is the most stressful, most demanding and most expensive.

All of these exercises are followed by evaluations and, where indicated, changes in disaster plans. Law enforcement agencies, health care

facilities and airports are required to participate in exercises at all levels to meet accreditation requirements. Our schedule is full of exercises. (GB)



Women in Agriculture: The Critical Difference

September 11 & 12, 1997

Kearney Ramada Inn • Kearney, Nebraska

Now in its second decade, the *Women in Agriculture* conference continues to focus on women who make the critical difference on their farms and ranches. This 13th annual conference will continue the tradition of providing Nebraska's ag women with relevant and up-to-date information taught by dynamic speakers.

Ag Women take on the roles of homemaker, marketer, manager, tractor driver, "gopher," record keeper, vice-president, president, nurturer or any combination of these. You are asked to make a variety of business and personal decisions in your operation. To help you with these decisions, we offer 18 workshops that focus on the challenges that all ag women encounter.

The variety of workshops attests to the different roles that ag women fill in their operations. We strive to recognize and acknowledge the critical difference that you make in your operation. For two days, at our conference, you are the most important person in Nebraska.

It does not matter if you are a first timer or a regular attendee, the information that you gain at the conference you will put to use the next day. This conference is designed especially for you, a Nebraska Ag Woman!

KEY BENEFITS:

- Learn practical management skills
- Enhance the well-being of your family
- Improve your management expertise
- A forum to learn from other ag women

WHO SHOULD ATTEND?

- All women who want to learn more about farm/ranch management
- Women who are involved in day-to-day business and family decisions
- Women land owners

REGISTRATION INFORMATION

Registration Fee: The conference fee, if paid before September 6, is \$55.00 per person; after September 5, the fee is \$60.00. This fee includes workshop materials, registration, breaks, lunch and dinner on Thursday and lunch on Friday.

Cancellations: The registration fee is fully refundable up to September 5, 1997. A \$35.00 cancellation charge will be assessed after that date.

Lodging: Hotel reservations should be made directly with the Kearney Ramada Inn by calling 1-800-248-4460. Their special rate is \$47.00 per room with occupancy for 1-4 persons. The hotel is holding a block of rooms until September 1 for the *Women in Ag* conference.

Tax Deductible: The expenses of continuing education when taken to maintain and improve professional skills are tax deductible. Consult your tax advisor for information.

This conference is presented by the Department of Agricultural Economics, Nebraska Cooperative Extension, Institute of Agriculture and Natural Resources, University of Nebraska-Lincoln. For more information, contact Deb Rood, Programs Coordinator at 472-3401, for a schedule and registration form. Or to register by phone, call 1-800-535-3456. (GB)

Diversity resource information—on-line

Internet/web resources

Multicultural books for children:

- *Picture books for children from traditional cultures world over* <http://www.barefoot-books.com/>
- *Multicultural children's books* <http://www.redblack.com/multiki.htm>
- *Circle of friends—multicultural books for children* <http://www.cofbooks.com/cof-select.html>
- *The Teachers Net Lessons Exchange* <http://teachers.net/lessons>

Provides teachers a medium to exchange lesson plans and curriculum ideas. Teachers.Net encourages educators from around the world to contribute their ideas, approaches and lesson plans to the Exchange.

Jewish Holocaust and History Sites:

- March of the Living <http://www.motl.org>
- Occurs annually in Warsaw bringing together Jewish teens from all over the world to Poland on Yom Hashoah, Holocaust Memorial Day. Retraces the death march of Auschwitz to Birkenau.
- *To Save a Life: Stories of Jewish Rescues* <http://www.humboldt.edu/~rescuers>
- Including the stories of the people they rescued.

Native American Resources:

- *Games & Quizzes* <http://www.bluemountainarts.com/eng/nativeamer/NativeAmer.html>
- *The Native American Relations Video and Audio Cassette Series* <http://www.kifaru.com>

Award winning programs on contemporary issues such as American Indian religious freedom, the Native American Sobriety Movement, Indian leadership issues and the attempt by Indian people to heal themselves from what is now being called, The American Holocaust.

- *Dreamcatchers* <http://www.dreamcatchers.org>

A non-profit organization which assists Indian people in the fields of film making, religious freedom, sobriety, and language preservation.

- *The Ethnic Heritage Council* <http://www.eskimo.com/~millerd/ehc> in Seattle

Promotes ethnic diversity and cross-cultural understanding in the Pacific Northwest

- *National Association of Multicultural Education (NAME)* <http://www.inform.umd.edu/CampusInfo/Committees/Assoc/NAME/> (you may have to click on the logo to go into the complete page)

Global Resources:

- *The Web of Culture*

<http://www.worldculture.com>

Leading source of cross-cultural communications information. Over 400,000 visitors have perused this site full of valuable resources in such areas as business protocol, world religions and email exchange. Includes bookstore, curriculum information, quizbooks, languages, holidays and gestures. • *International Holidays* <http://www.go-global.com/cgl-local/holidays.p/>

Approximately 70% of the holidays celebrated around the world each year change dates from year to year. Knowing International Holidays around the world is a courtesy among friends and a necessity in business. Go-Global offers a list of holidays celebrated in each country around the world.

The holidays' list includes the holidays that businesses and government offices will be closed. The list includes all international countries.

For more information about international travel, visit website: <http://www.Go-Global.com>

Resources and Web-Sites relating to Diversity Issues prepared by the Cooperative Extension Service National Center for Diversity, Kentucky State University, Frankfort, Kentucky. (GB)

Frustrated by flies? Here are some helpful tips:

continued from page 3

Drain Flies—Small mothlike flies that look similar to fruit flies, but don’t have red eyes. These flies are usually seen emerging from sink drains. They develop on the slime-like coating that forms in drains and pipes. No insecticides needed.

Control:

- Pour boiling water down the drain to loosen any slime. **Never pour insecticides down the drain!**
- Manual cleaning of the pipes may be necessary.
- Leaking pipes create breeding sources and should be fixed.

House Flies—House flies are the best known of house-infesting flies. These flies are usually found where humans are present. To digest solid foods, house flies liquefy food by regurgitating. During feeding, they also defecate on the food. To prevent disease transmissions, house fly control is important—especially in food preparation and eating areas.

Control:

- Remove garbage regularly. Keep a tight-fitting lid on garbage cans.
- Clean up any spilled animal feed and/or manure.
- Remove and dispose properly any dead animals.
- Carefully manage compost piles (refer to NebGuide G810 for information on composting).
- At picnics, cover food.
- Screen windows and use fly paper or fly traps. Spot treat room corners with insecticides to kill resting flies.

For more information on flies found in the home, request the fact sheet *Flies in the Home (015-96)* from the Extension office. (SE)

Avoid over-grazing warm-season grasses

continued from page 4

pasture need extra time to recover before being grazed again. This is true regardless of whether the plants are in a continuously-grazed pasture or are separated into rotationally grazed-paddocks.

Recovery time is particularly important as winter approaches. Plants grazed closely early in the year usually recover better than plants grazed closely now, late in the season. Severe grazing now, especially warm-season range grasses, will weaken plants as they go into winter. These plants probably will survive, but next spring they will green-up later, early growth will be slow, and they’ll compete poorly with weeds. Cool-season grasses aren’t quite as sensitive, but they will be affected too.

So as winter approaches, “take half and leave half” is still a good technique. It helps assure that pastures will be healthy and grow vigorously again next year. *Source: Bruce Anderson, Extension Forage Specialist.* (WS)

Yellow jackets

continued from page 3

- Avoid strong scents—avoid perfumes and hair spray.
- Keep garbage in sealed containers.
- Immediately remove overripe fruit or fallen fruit from trees and shrubs.

If a wasp lands on you, remain calm and wait for it to fly off or brush it off gently. Otherwise, you run the risk of threatening the wasp and being stung. Seek medical attention when the reaction to a sting includes swelling, itching, dizziness or shortness of breath.

Trapping is a direct control method. Various commercial traps are available at garden centers and department stores. Baits can be used with these traps to increase the effectiveness by attracting more wasps. Another option is to place a yellow pan filled with soapy water and sugar in an area where wasps are a problem. The sugar attracts the wasp and the soap breaks the surface tension of the water. When the wasp lands on the water, it falls in and drowns.

If you choose to use a pesticide, choose one that has a minimal impact on you and the environment, and choose a pesticide that is listed for controlling wasps. Wear protective clothing when applying pesticides to a nest. Treat the nest in the evening and apply a pesticide to the nest which paralyzes or stuns the wasps immediately (pyrethrins). Follow-up with an insecticide dust.

Yellow jackets are beneficial because they consume flies and caterpillars. If they are in a location not frequented by humans, pets or livestock, try to tolerate small populations of them.

For additional information, pick up *Stinging Wasps and Bees* (NebGuide G891) from the Extension office. (SE)

Making good silage

continued from page 4

with plastic to prevent oxygen in the air from penetrating and spoiling the outside two or three feet.

Finally, encourage rapid fermentation to lower silage pH. Proper moisture at chopping and tight packing are a great start. Adding inoculants can help reduce storage losses and sometimes improve feeding value. Inoculants are valuable with wet silage but sometimes they also improve dry and correct moisture silage.

Good silage provides economical animal production. Correct moisture, a tight pack and rapid lowering of pH is a good start. (WS)

Alice's Analysis

continued from page 3

the participants. Those who didn’t experience this event really missed something.

I hope you are all reorganizing clubs for the coming year. I also hope you have had the opportunity to pick up your packets at the Extension office.

Please mark your calendar for the following events:

September 22. Council meeting, 7:00 p.m. with Twyla Lidolph as our speaker, “Suitcase Showing of Textiles and Clothing.”

September 23. Southeast District Meeting. This will be held at the Warren United Methodist Church in Lincoln. The meeting will begin at 9:00 a.m.

October 27. FCE Achievement Day.

November 8. We will have a salad luncheon/style revue. The Vickerage Dress Shop in Havelock will supply the garments and our members will model them. Come and have some real fun. Tickets will be \$5 for the meal and the style show. Tickets will be available from the Extension office or FCE club presidents.

Thought for the day: Reading is to the mind what exercise is to the body. —Joseph Abdison.

Character Counts! with teens

continued from page 3

2. Choose courses of action by remembering that the Six Pillars of Character—trustworthiness, respect, responsibility, fairness, caring and citizenship, take precedence over other values such as being popular, making money, having fun, etc.

3. Consider that when two core values are in conflict, choose the one that will provide the greatest good for the most people.

At the conclusion of the workshop, teens were encouraged to serve as role models for character, help teach others, and become members of a Character Counts! teen advisory council. Julius Jackson, UNL varsity football team; Megan Korver, UNL varsity volleyball team; and Tanya Frank, UNL varsity soccer team, made appearances to help teens celebrate their accomplishments. Certificates and t-shirts were presented and each athlete reinforced the pillars of character through personal messages. Eager teens sought autographs and shared ice cream sundaes to bring the day-long event to a close. Teens trained on July 18 were active teachers and role models at the Clover Kids Careers and Character Day Camp held August 7 for 75 busy 5-8 year olds. For more information about Character Counts! call LaDeane at 441-7180. (LJ)

Miscellaneous

Water is for the birds

A dirty bird isn’t happy and neither is a thirsty one. A water source attracts birds who drink and bathe and adds an interesting focal point for fascinating scenes of bird behavior. Clean feathers insulate better, and bathing helps reduce parasites.

Birdbaths can be bought or made from large clay saucers, upside-down garbage can lids or similar containers. These can be encircled with rocks or small logs to increase their aesthetic appeal. Birdbaths should be 1 to 3 inches deep, dull or neutral in color and not tip easily. They should have a roughened bottom so birds have a foothold. They can be placed on the ground or elevated a few feet, in a somewhat open area but with cover within 10 to 20 feet.

Birdbath water should be changed and replenished every day or so to keep it clean and to prevent potential growth of mosquito larvae. Clean birdbaths with a brush to remove algae. A mild bleach solution, such as one part bleach to nine parts water, can be used if needed, though it should be rinsed off thoroughly afterward.

Consider the attractiveness and enjoyment of a small pool, which could provide water for birds and a home for a few fish (which eat mosquito larvae), turtles and other aquatic life. Small fiberglass or plastic pools can be purchased, or made by digging a hole and lining with plastic. Be sure to include some shallow areas where birds can drink and bathe.

The sounds of running or dripping water are attractive to birds, and a variety of commercial flowing-water systems are available. Another simple approach is to use a recycled plastic jug with a lid. Punch a tiny pin hole in the bottom, then add water and the lid. Loosen the lid just enough so that water drips from the pin hole in the bottom. Hang over your water bath where the dripping may alert and entice more birds to come. *Source: Ron Johnson, Ph.D., Wildlife Specialist, NU/IANR* (BPO)

Take time for breakfast

continued from page 6

In many cases, all that is needed to get people to eat breakfast is to rethink or reframe the concept about breakfast. Breakfast can be simple or elaborate, cooked or uncooked, sit-down or eat on-the-run, low or high in calories, mundane or varied. The main thing to remember is to include it in the morning routine.

Breakfast also can be just about anything, from last night’s leftover pizza to a peanut butter sandwich to cereal and milk. For the person on-the-run, a blender delight (milk, ice cream and fruit or juice) might hit the spot. If this doesn’t appeal, there’s always peanut butter, granola or oatmeal cookies. When served with milk, these provide needed early morning energy for kids on the go.

Grapes, apples, bananas, hunks of cheese, cartons of yogurt and hard-cooked eggs all are other quick and easy on-the-go breakfast ideas. When planning breakfast, remember “bread-fruit-milk” are basic components of a nutritious breakfast.

Besides lack of time, saving calories is the most common excuse to skip breakfast. If your typical breakfast is a couple of donuts and coffee with 2 teaspoons of sugar, you have reason to be concerned about the value of the calories you take in. The answer, however, is not to skip breakfast.

Select a breakfast that provides the nutrients you need to get you going for the fewest calories. For example, a breakfast of 8 ounces skim milk with 1-ounce dry cereal or toast and 6-ounces fruit juice provides less than 250 calories but enough energy, protein, vitamins and minerals to help avoid mid-morning fatigue and the subsequent urge to eat anything in sight.

In short, a good nutritious breakfast need not include typical breakfast foods and is a good habit to practice.

Source: Pat Kendall, R.D., Ph.D., Colorado State University Cooperative Extension. (AH)

Pack a safe sack lunch

continued from page 6

box or bag. Keep an insulated container open if stored overnight in the refrigerator. Add cookies, chips or other foods that lose crispness in the morning.

- Packed lunch foods that are safe at room temperature are: peanut butter sandwiches, cookies, crackers, and **whole, unpeeled** fresh fruit. Commercial **unopened** single-serving containers of the following items are also safe at room temperature: fruit and fruit juice, pudding, sandwich fillings, and beans such as beans with franks.
- Use thermos containers to keep liquids or semi-fluid foods cold or hot.

For more information about food safety issues, check in the “Information Center” box for NUFacts messages on this topic. (AH)

The NEBLINE
Nebraska Cooperative Extension Newsletter
Lancaster County

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Gary C. Bergman, Extension Educator–Unit Leader

NOTICE
All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

- Lorene Bartos, Extension Educator
- Cindy Blome, Youth Extension Aide
- Tina Brown, Americorps Vista Volunteer
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Brenda Corder, Publication & Resource Assistant
- Soni Ericksen, Extension Assistant
- Arlene Hanna, Extension Assistant
- Alice Henneman, Extension Educator
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- LaDeane Jha, Extension Educator
- Deanna Lieneman, Extension Assistant
- Mary Jane McReynolds, Extension Assistant
- Barb Ogg, Extension Educator
- Warder Shires, Extension Educator
- Jim Wies, Extension Assistant



Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

- September 9**
4-H Council Meeting 6:00 p.m.
4-H Open House 6:30-8:00 p.m.
- September 14**
4-H Teen Council Meeting 3:00-5:00 p.m.
- September 15**
4-H Large Animals VIPS Meeting 7:00 p.m.
“Fair’s Over—Now What?” Meeting 7:00 p.m.
- September 18-19**
Sorghum Symposium
Sept. 18—ARDC, near Mead 11:00 a.m.
Sept. 19—UNL East Campus Union 7:00 a.m.
- September 22**
FCE Council Meeting 7:00-9:00 p.m.
- September 23**
FCE Southeast District Meeting
—Warren United Methodist Church 9:00 a.m.
- September 23-29**
Ak-Sar-Ben Livestock Exposition—Omaha
- September 25**
FCE Leader Training 1:00 or 7:00 p.m.



Environmental Focus (cont.)



Tips on safe pest control

The control of unwanted insects, weeds and rodents (pests) doesn’t have to depend on pesticides. These pests can be controlled by using alternative measures. There are a variety of measures that can help you reduce pest populations while protecting human health and the environment.

Integrated Pest Management (IPM) involves using various control measures to reduce pest populations. This includes managing the pest problem with physical, biological and cultural practices, and, if necessary, by use of a pesticide. By using one or more of these measures, control can be achieved with minimal impact on human safety and the environment.

Remember, not all insects are pests. There are many beneficial insects that are natural predators of pests. To effectively manage insects, learn to identify which are beneficial and which can cause damage. Many of the insects killed by pesticide applications are beneficial. It is your responsibility to become familiar with pest identification and pest control options. The more you know about the insect pest, the easier it will be to manage without reliance on pesticides.

Take steps to prevent the pest population from increasing to a level where chemical control is necessary. Some general methods include barriers and traps, removing attractive conditions for the pest, changing the environmental conditions (temperature, humidity) and attracting natural predators. These are all fairly simple to do and will reduce pest populations.

Improper use of pesticides can put children, pets and the environment in danger. Pesticide poisoning may be a consequence of improper use. Always read and follow label directions. (SE)

Free pesticide safety publications

- Here are a few of the free publications on pesticide safety available at the Extension office. Stop by and pick up a copy. Or, to receive a publication by mail, send a self-addressed stamped envelope for each publication requested to: University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Please indicate which publication(s) you are requesting.
- Disposal of Excess Pesticides and Related Waste (G473)
 - Signs and Symptoms of Pesticide Poisoning (G715)
 - Protective Clothing and Equipment for Pesticide Applicators (G758)
 - The Pesticide Label (G937)
 - Pesticide Management and Safety on Home Grounds (G1007)
 - Rinsing Pesticide Containers (G1150)
 - Laundering Pesticide Contaminated Clothing (G943-A)
 - Fertilizer and Pesticide Containment Guidelines (G1185-A)
 - Worker Protection Standard for Agricultural Pesticides (G-1219A)
 - Pesticide Laws and Regulations (G-479)
 - Best Management Practices for Agricultural Pesticides to Protect Water Resources (G-1182-A)
- For information via the Internet, check out the University of Nebraska IANR award-winning environmental programs home page at <http://www.ianr.unl.edu/ianr/pat/ephone.htm> (SE & WS)

Phone numbers:

- Office (leave message after hours) 441-7180
After hours 441-7170
FAX 441-7148
COMPOSTING HOTLINE 441-7139
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